

## POST SHORTS

### Recycling schedule

The recycling pickup for Wednesday, Dec. 11, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

### RAB meeting announced

The Installation Restoration Program will hold its next monthly Restoration Advisory Board meeting Dec. 5, 7 to 9:45 p.m., at the Edgewood Senior Center on Gateway Road. The topics will include updates on the O-Field Study Area and the Lauderick Creek CWM Removal Action.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line at 410-272-8842 or 1-800-APG-9998.

### Holiday tree lighting

Maj. Gen. John C. Doesburg, commander, U.S. Army Aberdeen Proving Ground will host APG's annual holiday tree lighting ceremonies.

The Aberdeen Area ceremony will be held 6 p.m., Dec. 8, in front of the Post Library, building 3320.

The Edgewood Area ceremony will be held 6 p.m., Dec. 15, in front of the EA Chapel, building E-4620.

The 389th Army Band (AMC's Own) will perform for both ceremonies, and Santa Claus will make an appearance.

### KUSAHC curtails appointments, hours

Kirk U.S. Army Health Clinic will hold a Strategic Planning Conference on Dec. 5 and 6. No appointments will be scheduled on those days. Active duty sick call will be held as usual. The pharmacy will be open on Dec. 5 but will be closed on Dec. 6.

### ASAP holiday open house

Everyone is invited to attend the Army Substance Abuse Program's holiday open house, Dec. 5, 10 a.m. to 2 p.m., at their new location, building 2477.

Information on safe holiday celebrations, Designated Driver Program, Lights on For Life Celebration and other important substance abuse prevention initiatives will be available.

Light refreshments will be served.

For more information, call 410-278-3784/3137.

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## Army leader spends Thanksgiving in Balkans

Army News Service

Under Secretary of the Army Les Brownlee visited soldiers in Bosnia and Herzegovina Nov. 26 to 28, then flew to Kosovo for Thanksgiving dinner.

During his visit to Eagle Base in Bosnia, Brownlee met with several Pennsylvania National Guard soldiers from the 28th Infantry Division on point for a six-month rotation. The 28th Infantry Division has been in command of Multinational Division (North) in Bosnia since Sept. 16.

While at Eagle Base, Brownlee emphasized the importance of reserve component troops as America continues to fight global terrorism. SFOR 12 is the first rotation in the seven years of the Bosnia mission that consists primarily of National Guard and Army Reserve citizen-soldiers.

Two of the maneuver elements of the task force are

See HOLIDAY, page 14



## Thanksgiving at Bagram

U.S. Army photo by SPC. ALFREDO JIMENEZ JR  
U.S. and Coalition servicemembers fighting the war on terrorism were treated to a warm Thanksgiving meal last Thursday afternoon at Bagram Air Base dining facilities. The holiday season officially got underway when food service specialists gathered to serve the most anticipated meal of the year in Afghanistan.

## EOD specialists honored by the FBI

E.C. Starnes  
OC&S

Maj. Anne Edgecomb  
FORSCOM

At any time during their career they know they will face physical danger. It's part of the job.

For Explosive Ordnance Disposal specialists working with explosive threats it is both a peacetime and wartime occupation. Like many specialties within the U.S. Army Ordnance Corps, their occupations call for the same critical work standards and practices throughout the year and throughout the world as they keep the Army ready.

In the war against terror, EOD specialists have been called upon to support increasing missions. Their most visible programs have been in support of operations in Afghanistan.

In less visible missions, they have been quietly working on many projects and programs. Seven of these specialists, to include three killed in Afghanistan, were recently honored by the Federal Bureau of Investigation.

1st Lt. Kevin Wynes, Sgt. 1st Class Antony Hammerquist, Staff Sgts. Grant Adkins, Justin Galewski, Brian Craig and Jeffrey Pumire, and Sgt. Jamie Maugans were recognized in Letters of Commendation presented by Special Agent in Charge Theodore Jackson in a ceremony conducted in the Atlanta Division of the FBI. Wynes is from the 79th Ordnance Battalion, while the others are all from the 710th Ordnance Company (EOD).

Jackson also delivered a Letter of Commendation from FBI Director Robert S. Mueller III.

According to Mueller, the soldiers provided "invaluable assistance to the FBI during the investigation of the attempted bombing of American Airlines Flight 63. They provided

material key to identifying the bombing components used in this attempted bombing, and we are indeed indebted to each of them for their exceptional support and cooperation."

The attempted bombing referred to by Mueller involved the case of Richard Reid, the noted "shoe bomber" who was convicted of the December 2001 attempted bombing of the airliner. The soldiers were serving in Afghanistan at the time.

How did soldiers serving in Afghanistan help the FBI make its case against Reid? After all, the aircraft Richard Reid tried to blow apart originated in France, not Kabul.

The story begins a month before the planned attack on Flight 63.

In November 2001, the San Diego-based 710th Ordnance Company, a subordinate unit of the 62nd Ordnance Group (Explosive Ordnance Disposal) headquartered at Fort Gillem, Ga., deployed in support of Operation Enduring Freedom.

The 17-man unit would spend the following seven months performing its mission in Afghanistan and the region.

On Dec. 22, several hours into the Paris-to-Miami American Airlines flight, Reid attempted to ignite a small amount of explosives in the hollowed-out heel of his shoe.

An alert flight attendant who observed his unusual behavior thwarted Reid's plan. Members of the crew and a group of determined passengers subdued Reid. The plane was diverted to Boston where he was taken into custody. The FBI began its investigation.

Meanwhile, near Kandahar, Afghanistan, members of the 710th were performing their daily mission: disposing of dangerous explosives left behind by the Taliban.

Then came "the call." The FBI needed the military's EOD units to keep an eye out for a

See EOD SPECIALISTS, page 4

## Education tops Family Action Plan issues

Harriet Rice  
Army News Service

Affordable continuing education is a high priority for soldiers and their families, according to the votes of 112 delegates to the 2002 Army Family Action Plan Conference, Nov. 18 to 22 in Alexandria, Va.

In-state tuition for military members headed the list of AFAP's top five issues — ahead of retirement dislocation allowance, selective use of military spouse preference, elimination of time limits to use Montgomery GI Bill benefits and medical coverage for activated reserve-component families.

During the conference, delegates representing every demographic segment of the Army worked in eight groups addressing 24 issues in areas such as family support, force support, logistical support, employment, entitlement, and medical/dental.

Each work group elected a spokesperson to brief out its top three issues at week's end to an audience of senior Army leaders that included Vice Chief of Staff of the Army Gen. John M. Keane and his wife, Terry; Patty Shinseki, wife of Chief of Staff Gen. Eric K. Shinseki, Lt. Gen. Roger Schultz, director, Army National Guard, and the conference host, Brig. Gen. Robert L. Decker, commander, U.S. Army Community and Family Support Center.

Aaron Jones, a 16-year old from Fort Eustis, Va., and one of six youth delegates, briefed the #1 issue, in-state tuition. He explained how having to pay out-of-state tuition causes undue hardship on mobile military families.

"This limits the [educational] choices of someone like me or the next president or the next chief of staff of the Army," Jones said. "We recommend waiving out-of-state tuition for family members residing in that state on military orders."

The #4 issue addressed the 10-year limit for using the Montgomery GI Bill after a soldier's expiration term of service or retirement.

Cyndi Fischer, Fort Belvoir, Va., pointed out that sometimes life events prevent veterans from taking advantage of the MGIB college benefits.

See AFAP, page 12

## RMAC develops government purchase card Web-based tutorial for DoD

Dennis Longo  
RMAC

The DOD Purchase Card Program Management Office has completed development of its self-paced training package for government purchase cardholders and approving officials. The DOD Government Purchase Card Tutorial is a unique training program developed for the DOD by the U.S. Army Robert Morris Acquisition Center.

Posted on the Defense Acquisition University's Continuous Learning Center, DoD's tutorial will provide interactive instruction to cardholder and approving official nominees throughout DoD to be proficient in making micro purchases with the government purchase card on behalf

of the federal government in compliance with applicable law and regulation. Among its many benefits, the tutorial provides a convenient alternative to off-site training and costly travel expenses, is accessible as an on-line reference tool, and provides a source for mandatory two-year refresher training.

Previously, some agencies within DoD required workers to complete purchase card training, but there was no standard approach. Since its deployment Aug. 29, over 80 percent of the more than 5,500 graduating students found the course valuable and would recommend it to others.

DoD's tutorial centralizes government purchase card training and policy, and

although the tutorial is composed of 10 training modules and a final examination, it need not be taken in its entirety at one sitting.

DAU's unique database permits students to take one module at a time to coordinate training with their regular duties and thereby eliminate continuous downtime normally spent attending traditional classroom training. Interactive learning activities assist the student's understanding of the training material, and training is verified by a mandatory final examination administered on line by DAU.

The course is available on the DAU Continuous Learning Center at [http://clc.dau.mil/kc/no\\_login/portal.asp](http://clc.dau.mil/kc/no_login/portal.asp).

## Installation watch card

Awareness is key! Everyone is a sensor.

### Do observe and report:

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the installation.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts on or off post.
- Unusual aerial activity near or around installation.
- Any possible compromise of sensitive information.

### Do not:

- Discuss any aspect of military operations or planning.
  - Discuss military capabilities or limitations.
  - Discuss force protection measures, capabilities, or posture.
  - Disclose any information related to unit deployments.
- Report any suspicious activity immediately to APG Police:**  
Aberdeen Area 410-306-2222  
Edgewood Area 410-436-2222  
Your call may save lives!





Miles Gelatt, site superintendent for Weston Solutions, shows U.S. Naval Academy midshipmen one of eight extraction wells on APG's Edgewood Area that will be used to combat groundwater contamination in keeping with the U.S. Environmental Protection Agency Superfund initiative.



From left, USNA Midshipmen Jonathan Long and Staci Kronberg learn about water filtration systems used in the Groundwater Treatment Facility from Bill Lowe, facility technical director.

# Navy cadets get lesson in engineering

Story and photos by  
**Yvonne Johnson**  
APG News

Cadets from the U.S. Naval Academy at Annapolis, got a lesson in structural and environmental engineering and a close-up look at one of thousands of Superfund sites operating under guidance from the U.S. Environmental Protection Agency during a visit to the Edgewood Area of Aberdeen Proving Ground Nov. 14.

Members of the of the Army Corps of Engineers and Weston Solutions contractors conducted tours that included a briefing at the Chemical Demilitarization facility, a tour of the Canal Creek Groundwater Treatment Facility, currently under renovation, and a look at an extraction well system, one of eight under construction at APG's Edgewood Area.

George Hollowell, Army Corps of Engineers technical contracting officer representative; Corinne Murphy, project manager, Weston Solutions; John Kochubka, design manager; Bill Lowe, technical director and John Wrobel, project manager,

APG Garrison's Directorate of Safety, Health and Environment, led the tours.

Naval Academy professors Sarah Mourning and Jennifer Waters coordinated the trip through Army Corps of Engineers and installation representatives.

Mourning said the tour offered a valuable lesson to the students.

"It's great for them to be able to see the planning, execution and operation of a design," Mourning said.

"They see now that a Superfund site is not just a law you read about in a text book," Waters added.

Midshipmen Jonathan Long, and Staci Kronberg, environmental engineering majors, and David Walter, a structural engineering major, agreed that they gained from the experience.

"We learned better ways to reuse existing structures," Walter said, adding that after the Navy he plans a career in contract management.

Kronberg said she plans a civil engineering career, and Long, a future submariner, said much of what they saw was covered in

the classroom.

"We have studied the concept before - impressive to see it in action," he said.

Wrobel explained that APG's Edgewood Area was established as a chemical weapons site in 1917, when very few environmental laws were in place.

"Through the 1920s, chemicals were disposed of in landfills, streams and in rivers," he said.

Today, along with civilian contractors, the Garrison Directorate of Safety, Health and Environment and Corps of Engineers work to come up with remedies to combat contamination on this site, he added.

A study of the area begun in 1985 discovered a groundwater plume that extends from the facility, across much of the airfield, to where Otto and Ricketts Point roads intersect.

Working in conjunction with the purification process in the groundwater treatment facility, the extraction wells will take about 30 years to completely clean up the area, Wrobel said.

See TOUR, page 5

# Veterans Day book signing promotes novel

Story and photo by  
**Sonya P. Reynolds**  
APG News

"The leadership and training of a very humble and tough soldier is what inspired me to write this book," said Ivan Paul Mehosky, school-aged youth educator and historian at the Child and Youth Services Center on Aberdeen Proving Ground.

On Veterans Day, Mehosky held a book signing of his first novel, "The Story of a Soldier," at Barnes & Noble Booksellers in Bel Air.

On a mission to write a history about his father's first parachute unit, retired Army infantry Col. Edward S. Mehosky, the direction changed as Mehosky probed deeper into his father's career.

"After visiting Normandy and Omaha Beach in Carrington, I came back and we started talking about how I was going to do a unit history on his first parachute unit," Mehosky said. "When I told him that I was going to meet with some veter-

ans, one thing led to another."

Still not sure of the direction his project would take, Mehosky kept digging deeper. The more questions he asked, the more Col. Mehosky was willing to share about his military career and experiences.

"The more I started talking to dad, the more he opened up," Mehosky said. "I started finding out about all these neat things he did that tied in with World War II, Korea, Vietnam, and the things he did as a leader and a trainer of men."

Fascinated by the heroic deeds, Mehosky took on a new direction with his story.

"The heck with this unit history, I'm going to write about dad," Mehosky said.

"The Story of a Soldier" was far from an overnight process for him. In fact, it took more than 10 years to research, interview and finalize the entire manuscript. He said that a major hold up was his indecisiveness about how to develop the story.

"It took so long because I was really undecided about what to do and was still

gathering all this information. In fact, I had a library in my house filled with books, letters and manuscripts that still needed to be reviewed," Mehosky said.

This would not be the only setback that prolonged the publishing of the book.

"I found out I had cancer in 1996," Mehosky said. "I had the operation and that slowed me down too."

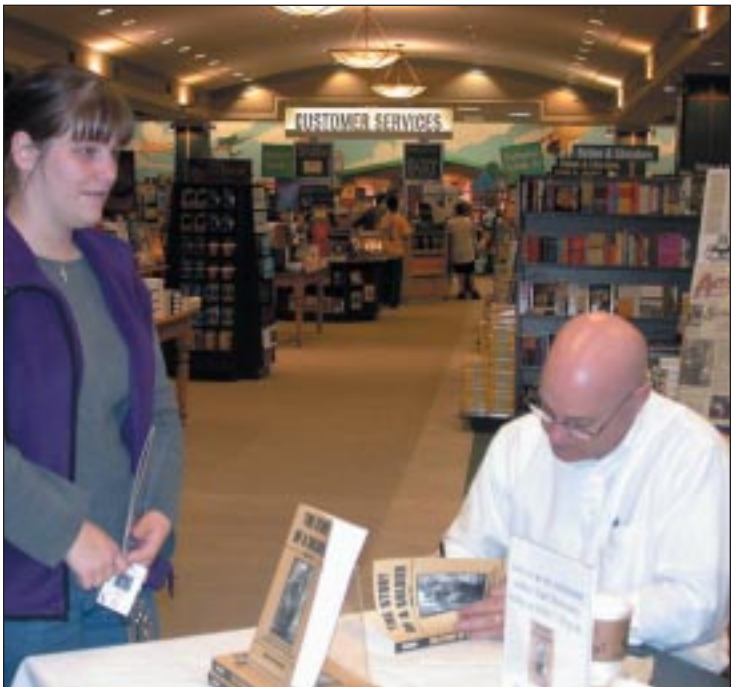
Dedicated and determined to tell the story of a heroic soldier, Mehosky bounced back shortly after his operation.

"I started writing in the summer of 1996, piecing together and doing my own editing with the assistance of two other teachers," Mehosky said.

Though the book was a long time in the making, he said it was worth every minute.

"Even though it was a tough and hard thing getting the first one out, it's so rewarding to have the finished manuscript," Mehosky said. "I wouldn't trade a minute of it."

See SIGNING, page 5



Ivan Mehosky, APG School Liaison representative and author of "The Story of a Soldier," autographs the inside cover for Shannon Carr, customer, at a book signing held at Barnes & Noble Booksellers, Nov. 11.

## APG News

The *APG News*, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the *APG News* are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM, APG, MD 21005-5005, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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**For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 324, Second Floor, AMSSB-GIM, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; fax it to 410-278-2570; or e-mail it to editor@usag.apg.army.mil.**

**Deadline for copy is Thursday at noon for the following Thursday's paper.**

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## ARMY BAND CONCERT REHEARSAL



Photo by SONYA P. REYNOLDS  
Staff Sgt. Dwayne Simmons belts out the song "This Christmas" during rehearsal for the upcoming 389th Army Band (AMC's Own) Holiday Concert to be held Dec. 10, 7 p.m., at the Post Theater. For information and tickets, call Sgt. Gregory Hector at 410-278-8769. See story on page 14.



Post Shorts

Shortage of flu shots

Kirk U.S. Army Health Clinic is only allotted enough flu vaccine to immunize patients at risk, as defined by the Center for Disease Control—active military force, and key and essential personnel (to include emergency personnel)—in that order.

At this time KUSAHC has not received enough vaccine to vaccinate the Aberdeen Proving Ground military force.

Once those requirements are met, any vaccine left over will be open to the public. A public announcement and will be made on a first-come, first-served basis. For more information, call 410-278-1724.

Vet Facility holiday hours

The APG Veterinary Treatment Facility will operate its normal hours 7:30 a.m. to 3:30 p.m., Monday through Friday, in December with the following exceptions:

Clinics will be held by appointment only on Dec. 10, 13, 17 and 19. Appointment hours are between 9 a.m. and 3 p.m.

No clinics will be held after Dec. 19 until January 2003. For appointment dates in January, customers may call after Dec. 27.

The facility will be closed Dec. 24, 25, 31 and Jan. 1.

PWOC holds Bible studies

The Protestant Women of the Chapel invite the community to attend Bible Studies. On Monday evenings at 7 p.m., PWOC will study Joyce Meyer’s “Battlefield of the Mind, Winning the Battle in Your Mind.” For more information on the Monday evening study, contact Cindy Sepulveda at 410-306-1780.

On Thursday mornings at 9 a.m., two Bible Studies are held, “The Prayer of Jabez” by Dr. Bruce Wilkinson and “Becoming a Woman of Influence, Making a Lasting Impact on Others” by Carol Kent. For more information on the Thursday morning studies, call the APG Chapel at 410-273-4333.

Child care is provided on Thursday morning. Monday evenings currently does not have child care; however, it can be arranged if necessary.

Exodus supper meal

The annual Exodus Super Supper will be served Dec. 19 in APG dining facilities. Dinner will be served in buildings 4219 and 4503 in the

Aberdeen Area and in building E-4225 in the Edgewood Area.

All military personnel are invited to dine from 5:30 to 7 p.m. Family members, retirees and guests are invited to dine from 6 to 7 p.m.

The standard meal rate of \$3.25 applies to any officer, enlisted member, family member of sergeant or above, retirees and their guests and Department of Defense civilians. Additionally, the discount meal rate of \$2.80 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

The menu includes old fashioned bean soup, grilled steaks with mushrooms, fried shrimp, fried catfish, fried chicken, French fried potatoes, baked potatoes, backed macaroni and cheese, seasoned mushrooms and onions, broccoli with cheese sauce, corn on the cob, salad bar, rolls, pineapple upside down cake, beverages and soft-serve yogurt. Menu is subject to change without prior notification.

For more information, call the Installation Food Service Office at 410-306-1392/1393/1397/1398.

Register now for HCC credit classes

Registration is currently underway for spring 2003 credit classes at Harford Community College’s Aberdeen Proving Ground Center, building 3146, Raritan Avenue, Monday through Thursday, 9 a.m. to 3 p.m.

For information, call 410-272-2338 or 410-278-0516.

In addition, registration is taking place at HCC’s Student Center Monday through Thursday, 8 a.m. to 7:30 p.m.; Friday, 8 a.m. to 4:30 p.m.; and Saturday, 9 a.m. to 1 p.m. spring classes begin on Jan. 22.


Students who register through Dec. 16 will be billed, with payment due Jan. 8.

Students may also register for courses by mail or FAX through Jan. 21. Forms and further information are included in the Schedule of Spring 2003 Credit Classes, which was mailed to Harford County residences.

In addition to the Schedule of Classes being available in the Registration and Records Office, students can access the information at [www.harford.edu](http://www.harford.edu).

Continuing students may register online using SOLAR.

Prior to registering, students may call HCC’s



### Fact of the Week

*Approximately \$4 million is generated annually by a one dollar recycling fee placed on each new tire purchased in Maryland. This money is used to fund projects to reduce, recover and recycle scrap tires.*

- Maryland Department of the Environment, Recycling Division

Advising, Career, and Disability Services at 410-836-4301 to make an appointment with a new student advising group or meet with an academic advisor to plan their semester schedule.

Walk-in advising will be available Jan. 2 in the Student Center Monday through Thursday, 7:30 a.m. to 7:30 p.m.; Friday, 7:30 a.m. to 4 p.m.; and Saturday, 9 a.m. to 12:30 p.m. Students who have never attended HCC, or who attended before fall 2001, should complete an HCC Application for Enrollment prior to registering.

For more information, call the Office of Registration and Records at 410-836-4222 or 410-879-8920, ext. 222.

FEHB Open Season ends Dec. 9

The 2002 Federal Employees Health Benefits Program Open Season runs through Dec. 9. During this period, employees can elect a new health benefits provider.

Changes made during the open season will be effective Jan. 12, and the new premiums will be reflected in paychecks the week of Feb. 3.

Since there are many changes coming for calendar year 2003, employees should take a few minutes to review the information at [www.opm.gov/insure](http://www.opm.gov/insure) to determine if their health plan is changing for next year.

If the current plan is changing coverage or terminating participation in the plan, this open season is the only opportunity to elect health benefits coverage for calendar year 2003. For more FEHB information, visit <https://www.abc.army.mil> and [www.opm.gov/insure](http://www.opm.gov/insure).

EA Thrift Shop going out of business

The Edgewood Area Thrift Shop will close permanently on or about Dec. 19.

All consignors are welcome to withdraw items without charge.

Hours are Thursday, 10 a.m. to 3 p.m. and the first Saturday of the month, 10 a.m. to 2 p.m. For information call

Chairperson Colleen Newing, 410-676-4733

EA Thrift Store holds final sales

The Edgewood Area Thrift Store will hold a blowout sale on everything in the store, Dec. 5, 10 and 12, 10 a.m. to 2 p.m.

For more information, call 410-676-4733.

WACVA 114T sells cookbooks

The Women’s Army Corps Veterans Association Chesapeake Beacon Chapter 114T is selling cookbooks for \$12.50, plus shipping and handling, to offset expenses for their holiday charities for local veterans’ hospitals. To purchase a book, call Wanda Story at 410-272-5040, or e-mail [okiegirlmd@aol.com](mailto:okiegirlmd@aol.com).

Classes offered to prevent cold injuries KUSAHC

Now that winter is coming, it is imperative that leaders counsel their personnel about cold weather injuries. Cold weather injuries are preventable.

Successful prevention requires vigorous command leadership and proper use of preventive measures. Prior planning, cold weather training, and the proper clothing and equipment are paramount.

Specific preventive measures include conserving body heat, avoiding unnecessary prolonged exposure to cold, moisture and activities favoring cold weather injury. Preventive Medicine and Wellness, Kirk U.S. Army Health Clinic, offers classes on cold injury prevention and awareness.

For information, contact 1st Lt. Parrie or Spec. Roberts at 410-278-1991/1956.

Youth Services makes room for APG homeschoolers

On Tuesdays and Fridays throughout the school year, the Aberdeen Youth Center multipurpose rooms will be avail-

able from 1 to 3 p.m. for APG’s homeschoolers. Youths must be registered members of APG Youth Services and in grades one through 12. Parent-teachers must be present throughout the visit.

For information for home-school usage of Aberdeen Youth Services, call Norma Warwick, 410-278-9059 or e-mail [Norma.Warwick@usag-apg.army.mil](mailto:Norma.Warwick@usag-apg.army.mil).

Since military homeschooling families have special needs, Lisa McGee is interested in forming a network of APG’s homeschooling families. To make arrangements, call McGee at 410-272-8743, e-mail [JustgottaBme123@aol.com](mailto:JustgottaBme123@aol.com), or talk with her during Homeschooler Time at the Aberdeen Youth Center.

Recruit the Recruiter Team to visit

The Recruit the Recruiter Team from Headquarters U.S. Army Recruiting Command, Ft. Knox, Ky., will visit APG on Dec. 5 to brief all sergeants through sergeants first class on

the challenges, benefits and qualifications of recruiting duty. Briefings will be held 11 a.m. at the Post Theater, building 3245, and at 3 p.m. at the Edgewood Area Theater, building E-4810. Attendance by all noncommissioned officers is encouraged. Spouses may also attend.

The briefing in no way obligates service member for recruiting duty and a personal interview following the briefing will determine qualifications.

For more information, call Master Sgt. Stanley Edwards or Sgt. 1st Class Ann Westman, 410-278-2769.

Have you updated your DEERS information?

DEERS beneficiaries are reminded to update information whenever beneficiaries face a life change, e.g., new baby, retirement, deployment, etc.

Visit Web site [http://www.tricare.osd.mil/smart/deers\\_month.cfm](http://www.tricare.osd.mil/smart/deers_month.cfm) for more information.



# Patents awarded in development of skin protectant

**Cindy Kronman**  
*MRICD*

Scientists at the U.S. Army Medical Research Institute of Chemical Defense and their collaborators were awarded seven patents for their research to develop a barrier cream that not only prevents chemical warfare agents from being absorbed into the skin, but also neutralizes these agents into less toxic products (i.e., serve as a reactive matrix). Dr. Ernest H. Braue Jr. and Capt. Stephen T. Hobson were awarded a patent for each type or category of material that was shown to be an effective reactive matrix.

Research efforts to develop this active topical skin protectant are a continuation of studies begun in the 1980’s to develop a topical barrier cream to augment the protection afforded by the protective overgarments and/or redefine the circumstances requiring mission oriented protective posture, or MOPP, levels. The topical skin protectant was transitioned to the Production, Fielding, Deployment and Operational Support Phase of development in 2000. Now called Skin Exposure Reduction Paste Against Chemical Warfare Agents, or SERPACWA, it will be available to warfighters in 2003.

Even as SERPACWA demonstrated barrier properties to chemical warfare agents and advanced through the stages of development, scientists recognized the need to improve upon the formulation. The answer lay in developing a formula that included an active compound to neutralize the chemical warfare agents while maintaining or increasing the formulation’s

protective barrier properties.

The institute initiated a research effort to develop an effective material that would act as both a protective barrier and an active destructive matrix against chemical warfare agents in 1994. These active barrier creams are composite materials consisting of a base cream and an active moiety.

Using an established topical skin protectant base and solids, MRICD scientists incorporated over 150 different active components. The efficacy of these formulations against both the blister agent sulfur mustard and the nerve agent soman was determined using a variety of models as part of a product development plan.

“The optimum active topical skin protectant formulations display excellent resistance against nerve agents and blister agents,” said Braue, who is the research coordinator of the Active Topical Skin Protectant Defense Technical Objective. “Against nerve agents, complete elimination of breakthrough after 20 hours is achieved, and studies with blister agents show a 99 percent reduction in breakthrough after 20 hours.”

These active topical skin protectants continue to move towards advanced development with the ultimate goal of complete protection for U.S. warfighters and civilians against chemical warfare agents.

Three more patent applications on active topical skin protectant formulations are still under consideration by the U.S. Government Patent and Trademark Office.

# 14 honored with Green Stars

**E.C. Starnes**  
*OC&S*

Fourteen soldiers and one civilian employee were honored by the U.S. Army Ordnance Center and Schools with Environmental Excellence Awards in a ceremony at the Ball Conference Center.

They were presented Green Star Awards by Col. Paul D. Meredith, commander of the U.S. Army Ordnance Mechanical Maintenance School.

Each was cited for “demonstrated outstanding commitment to the Army’s environmental program,” and specifically for their efforts “at ensuring regulatory compliance, managing hazardous materials, conserving and recycling resources, preventing accidental releases of hazardous chemicals, and improving workplace safety” which helped OC&S save thousands of manhours and reduce operating costs.

Lt. Col. Richard A. Jaynes, command counsel with the U.S. Army Environmental Center and the keynote speaker, noted that usually the only environmental issues that receive notice and publicity are negative incidents. He explained that the first indi-

viduals ever charged in the Army were at Aberdeen Proving Ground. He called them the Aberdeen Three.

“You are doing on a daily basis exactly the opposite of what the Aberdeen Three did and are not getting recognized,” Jaynes said. “By adhering to the Green Star criteria, you are protecting you and your buddy. You are personally involved in sustaining the Army. I commend you for your dedication and for sustaining Army readiness through environmental stewardship.”

Maria A. Osorio-Armstrong, an environmental protection specialist and mistress of ceremonies for the event, noted that the awards were honoring a 100 percent compliance rating on the annual environmental certification inspection.

Meredith commended the honorees, noting that typically additional duties are not completed to the high standards achieved by the Green Star winners.

“This speaks well of someone’s professionalism to achieve 100 percent compliance on this inspection. You all have taken this additional duty very seriously,” Osorio-

Armstrong said.

## Green Star recipients

Staff Sgt. Paula E. Donaldson, Weapons and Metalworking Services

Staff Sgt. David T. Fulton, Wheel, Track and Recovery

Sgt. 1st Class William C. Frye, Wheel, Track and Recovery

Staff Sgt. James D. Greer, Tactical Support Equipment

Spc. Adriane A. Hackley, S4, 61st Ordnance Brigade

Sgt. 1st Class Gregory A. Kitt, Command and Staff

Staff Sgt. Jeffrey S. McClelland, Tactical Support Equipment

Johnnie Parker, Tactical Support Equipment

Staff Sgt. Charles E. Reavill, Tactical Support Equipment

Staff Sgt. Casey L. Scott, Tactical Support Equipment

Staff Sgt. Gargh R. Schrimpsheer, Wheel, Track and Recovery

Staff Sgt. Terri L. Stemper, Wheel, Track and Recovery

Sgt. 1st Class Darryl L. Taylor, S3, 61st Ordnance Brigade

Staff Sgt. Nadene A. Turner, Logistics/MSSA

Staff Sgt. Wilda M. Wilson, Wheel, Track and Recovery

# Legal Office garners Army award

**Yvonne Johnson**  
*APG News*

The Aberdeen Proving Ground Legal Assistance team won the Army Chief of Staff Award for Excellence in Legal Assistance for 2001.

Col. Mardi U. Mark, APG Garrison and deputy installation commander, presented the award to the team members during a ceremony in the

office of the Staff Judge Advocate Nov. 4.

Mark said the team consistently earns the annual award due to its high standards.

“It’s an honor to present this award to such hard workers,” Mark said. “I truly appreciate what you do everyday for this installation.”

Sue Grendahl, chief of client service, joined the team members in accepting the

award. She said the award was proof of the team’s dedication.

“We take care of soldiers and families everyday,” Grendahl said. “This is in recognition for a quality effort.”

Team members include Maj. Arthur Kaff, Army Reserve attorney; Capt. Julie Caruso, attorney; Capt. Phyllis Brown, attorney; Roy Hilferty, attorney; Alene Williams,

senior legal assistant; and Sandi Williams, legal assistant.

During the same ceremony, the Staff Judge Advocate office received the Outstanding Ethics Program Award from the U.S. Office of Government Ethics.

Staff Judge Advocate Lt. Col. Jill Grant led staffers in accepting the award.

# EOD specialists

*From front page*

particular type of explosive to identify the components used in Reid’s bomb.

“We had just happened, the day before, to find a huge pile of this exact same explosive,” said Hammerquist, operations NCO for the 710th. “So we went back out to the site and recovered it.”

According to the FBI, “These men, while involved in operations in Afghanistan, were asked to secure materials, equipment, and explosive material from Afghanistan, which could be compared to and assist in the identification of the bombing components used in Reid’s bomb. These men were instrumental in gathering these materials; packaging the materials; and coordinating the movement of the materials and insuring the safe transportation of the materials to the FBI Laboratory in Washington, D.C.”

It was a perfect match.

“The actions of these men,” continued an FBI spokesman, “significantly assisted in the investigation and prosecution of the Richard Reid case and they provided invaluable service to the United States in our fight against terrorism.”

Subsequent to these actions in support of the FBI, Glewski, Craig and Maugans were killed in Kandahar, Afghanistan on April 15, 2002 during explosive clearing operations. Pugmire survived the blast.

He noted that, while he appreciates the recognition by the FBI, it’s not what motivates him.

“Unexploded ordnance doesn’t know the difference between a soldier and a civilian,” Pugmire said. “Often times we would drive around (Afghanistan) and see 10-year-old children with one arm or walking around on crutches with one leg,” he contin-

ued. “And so as we destroyed those things, it was rewarding to us to know we were making a difference.”

By the end of their tour, the EOD soldiers had located and destroyed more than 200 tons of ammunition and ordnance. Although their actions saved the lives of countless civilians and fellow service members, they paid a high price.

“Anytime a soldier is killed, it’s bad,” Pugmire stated, “but especially with us because we work so incredibly close together. When you lose somebody, it’s like you lost your brother.”

Mueller noted the deaths of Pubmire’s fellow soldiers in a letter to Col. Steven Moores, commander of the 52nd Ordnance Group, “. . . my associates and I were distressed to learn of the deaths of Staff Sgts. Galewski and Craig and Sgt. Maugans in the service of their country, and I know I speak for the entire FBI when I extend deepest sympathy to you, your colleagues, and their families. I know the courage and devotion to duty exhibited by each of these brave individuals will be a continuing source of inspiration to others within the 52nd Ordnance Group as they continue their service in our fight against terrorism.”

Maj. Gen. Mitchell Stevenson, the Army’s Chief of Ordnance, noted, “These soldiers risk their lives so others can be safe. The honors paid by the FBI speak volumes about the varied tasks we ask these soldiers to take on in support of not only our Army, but also our nation.

“Gen. Richard Myers, Chairman of the Joint Chiefs of Staff, noted that the deaths of Staff Sgts. Galewski and Craig and Sgt. Maugans, ‘. . . highlights that, even when not actively engaged against enemy forces, our service men and women remain at risk as they perform their mission around the world.’

“The work accomplished by these ordnance soldiers from the 710th Ordnance Company reflect the professionalism and commitment of our EOD soldiers throughout the world,” Stevenson said. “It also reflects upon those who trained them and those who command them.”

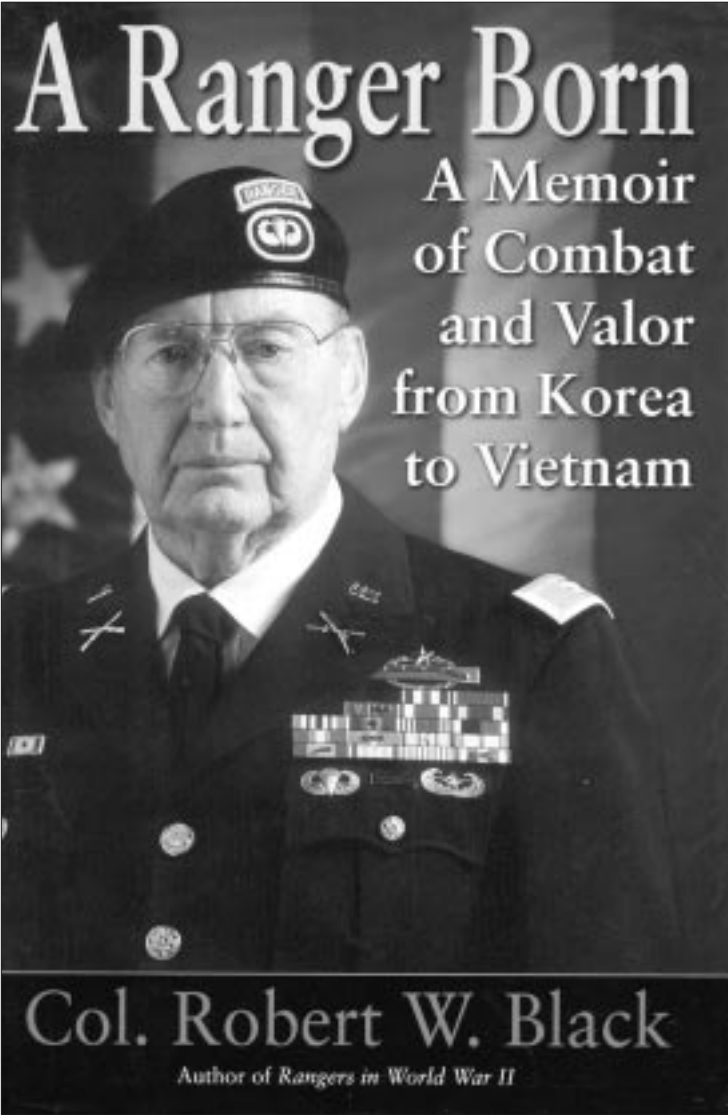
Craig’s father, a pastor who serves a deaf Baptist congregation near Houston, noted to a reporter at the time of his son’s death that he and his wife worried about what their son did for a living. But, he added that he thinks of all the lives his son may have saved through his work, especially the Afghanistan children who are routinely killed or injured by land mines.

“He was there, cleaning things up,” his father stated. “Pastor Craig’s words about his son sum up the role of our EOD soldiers,” Stevenson said. “They continually risk their lives, in peace and war, to ensure that not only other soldiers, but all people are safe. We take great pride to note that such heroes are among us.”



# Commentary

## Book tells it like it was



**Capt. Eric Shuler**  
*Special contributor*

“A Ranger Born: A Memoir of Combat and Valor from Korea to Vietnam” is retired Col. Robert Black’s story. He tells of his combat experience in Korea and later in Vietnam.

Black’s writing style tells it like it was. Black was an enlisted soldier in the Korean War. He recounts the battles that were fought and how the North Koreans would tie up American soldiers and execute them. Black disputes the myth that Chinese were poor soldiers. Chinese soldiers fought against the Japanese in World War II and were very good soldiers.

Black poses the question, “Why did the Korean War end at the

## Signing

*From page 2*

He offered a taste of the content of the book, saying it tells about a humble man who would never voluntarily speak about his heroic actions. “The book is about the leadership and training of a very humble, courageous, tough soldier who had his own style and who was innovative, someone who knew the land and how to train men, giving them a chance to survive in battle. He had a very interesting way of looking at things, of how to prepare for the enemy, how to encounter them so that they became afraid of you instead of you afraid of them,” Mehosky said. Somewhat nervous about the book-signing process and not certain of what to expect, he waited patiently for customers to stop and visit his table. He said that even if people just stopped by to talk with him, he was fine with that. “It’s good to talk to people. Even if they don’t buy the book, they think about it. Somewhere down the road they may want it for a Christmas present,” Mehosky

## Tour

*From page 2*

“It’s like using a straw to suck water out of a soapy sponge. You will get all the water out in time, but removing the soap will take longer,” Wrobel said. “This is why it takes so long to remove chemicals from groundwater.” The Canal Creek Groundwater Treatment Facility is one of several Superfund sites appointed by the government. Superfund is a program administered by the U.S. Environmental Protection Agency. Years ago, people were less aware of the effects dumping chemical wastes might have on public health and the environment. On thousands of properties

said. He did stress a great concern in getting the book promoted and is appreciative to his brother, Stan Mehosky, retired, who is available to assist in that process. Mehosky said the hardest part was writing the book, and that while publishing the book was not too difficult, marketing is a different story. He added that he hopes once people find out about the book, they will eventually tell someone else about it. “When you are a small guy like me, it takes time to get into the stores,” Mehosky said. “They are very leery at first, but they try to work with you.” Stan Mehosky said that it is a great thing his brother has done for their father and he will support him in any way he can. “We are proud of him,” he said. “It’s a dual testimony - a testimony for Ivan’s abilities and his talents, and a testimony about our father.” Mehosky said “The Story of a Soldier” can also be ordered at the Barnes & Noble Booksellers in Christiana, Del.

where such practices were intensive or continuous, the result was uncontrolled or abandoned hazardous waste sites, such as abandoned warehouses and landfills. Congress established the Superfund Program in 1980 to locate, investigate, and clean up the worst sites nationwide. The EPA administers the Superfund Program in cooperation with individual states and tribal governments. The EPA Web site provides an overview of the Superfund program, highlights key steps in the Superfund cleanup process, guides users to enforcement information, lists EPA’s Superfund offices and partnership organizations, and provides answers to frequently asked questions. For more information, check the Superfund Web site at [www.epa.gov/superfund](http://www.epa.gov/superfund).

same place it started?” South Korea did not gain any additional ground. He also questions why the South Koreans and Americans gave the enemy safe areas to rearm and regroup. This unfortunately foreshadows our involvement in the Vietnam War. Black briefly describes the years between the Korean War and the Vietnam War. He hits his stride when he writes about his service in Vietnam. Black was an advisor to a rural district in Vietnam. Being a Ranger, he knew about fighting and how to set up defensive perimeters. He immediately set up a defensive perimeter and fortified his area. During his tour of duty, Black was ordered to stop the spread of venereal disease. In typical Army fashion, no instructions were given on how to accomplish that task. He set up locations where prostitutes would be checked by medics and certified that they were disease free. This cut down venereal disease and was against army regulations. Not too surprising no one asked how him how he curtailed the disease.

I often wondered why the North Vietnamese picked Tet to launch an offensive. Black explains that to the Vietnamese Tet was the equivalent of taking all of our holidays and rolling them into one day. Prior to Tet, Intelligence reported that the North Vietnamese were going to launch an offensive. Black tried to warn his Vietnamese counterparts, but they were more interested in going home for the holiday. The Americans and South Vietnamese turned back the North’s offensive at great cost. North Vietnam was not able to mount another major offensive in the war. It was a victory for the Americans and the South. The media incorrectly reported that the North Vietnamese were the victors. This book tells you what it was like dealing with the Vietnamese people. Their culture was completely different from that of the American soldiers. Toward the end of Black’s tour he noticed a profound change in American soldiers. Most soldiers knew it was a lost cause and the American people were not supporting the war effort.

Black concludes the book with his return to the states and how poorly he was treated. The Vietnam veterans were not considered real veterans by some veterans of World War II. The civilians did not understand the hardship and loss of life the soldiers witnessed. Civilians often forgot that the military does not make policy but carries out the wishes of our freely elected government.

Black points out we repeated the same mistakes in Vietnam as in Korea. These mistakes were allowing the enemy safe areas in other countries, not having the American people behind the war and underestimating the enemy. “A Ranger Born” concentrates on the Vietnam War. The chapters of his experiences in Vietnam are very detailed and make for excellent reading. Black has written other books and I think “A Ranger Born” a well-done memoir.



# Community Notes

**FRIDAY  
DECEMBER 6  
COUNTRY HOE DOWN**

The Harford County Country/Western Dance Association, a non-profit organization, sponsors country western dancing the first Friday of the month at the American Legion located on Parke Street in Aberdeen. Dancing is held from 7:30 to 11:30 p.m. Everyone is welcome.

Cost of admission is \$8. For more information, call 410-272-8318.

**SATURDAY  
DECEMBER 7  
VFW HOSTS REMEMBRANCE BANQUET, DANCE**

VFW Post 8185, 520 Susquehanna River Road, Post Deposit, will host a banquet and dance honoring veterans of Pearl Harbor, Philippines, Pacific Theater, Korea and Indochina/Vietnam. Social hour begins at 5 p.m., ceremonies at 6 p.m., banquet at 7 p.m. and dancing from 8 p.m. and continues to midnight. Music will be provided by the Rythm Doctors, a 17-piece big band. A contribution of \$30 (\$15 is tax deductible to a war veterans organization) is being accepted.

For more information, call 410-642-9297.

**WACVA CHAPTER 70 MEETING**

The Women's Army Corps Veterans' Association, Maryland Free State Chapter #70, will hold its monthly meeting, 11 a.m. at the Aberdeen Senior Center. The agenda includes preparing holiday cards and gift baskets for the hospitalized veterans at Perry Point.

Free State Chapter #70 is dedicated to improving the lives of area veterans, regardless of branch. Women who have served or are serving in the Regular Army, National Guard and Reserve, Woman's Army Auxiliary Corps, Women's Army Corps and Army Nurse Corps are eligible for membership and are encouraged to sit in on a meeting to see what the chapter is about. Also welcome as associate members are women of the Navy,

Marines, Air Force and Coast Guard.

For more information, contact Sheila Smith, president, at 410-273-1687.

**SUNDAY  
DECEMBER 8  
BREAKFAST WITH ST. NICK**

Prince of Peace Church, 2600 Willoughby Beach Road, Edgewood, will host breakfast from 9:30 a.m. to 1 p.m. Breakfast items include pancakes, home-made sausage gravy with biscuits, scrambled eggs, and coffee, tea and juice.

Cost for adults is \$5; seniors, \$4; children ages 6 to 12, \$3, and under 6 are free. For more information, call Dawn Branch at 410-676-7785.

**MONDAY  
DECEMBER 9  
ACS SPONSORS PIE FOR EFMS**

Army Community Service is sponsoring the Parent Information Exchange for exceptional family members, 6 to 7:30 p.m. at the ACS building 2754. To arrange for child care, call in advance because space is limited. For more information, call Reeshemah Bugg, EFMP coordinator, 410-278-2420.

**TUESDAY  
DECEMBER 10  
HOLIDAY CONCERT**

The 389th Army Band (AMC's Own) and the Aberdeen High School Choir will be performing a Holiday Concert 7 p.m. Dec. 10 at the Aberdeen Area Post Theater.

For more information, call Sgt. Gregory Hector at 410-278-8769.

**FRIDAY  
DECEMBER 13  
CHRISTMAS CELEBRATION**

A Christmas Celebration will be held 7 to 8:30 p.m. at the Edgewood Area Chapel, building E-4620, featuring special musical solos, skits performed by soldiers of the 143rd Battalion and the Renowned Grace Assembly Band. Refreshments will be served.

**CWFTRIP TO DINNER THEATER**

The Civilian Welfare Fund is sponsoring a trip to the Three Little Bakers Dinner Theater, departing the Aberdeen Area at 4:30 p.m.

The cost is \$49 per person, which includes charter bus transportation, dinner and the holiday show, The Sound of Christmas.

For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

**FRIDAY THROUGH SUNDAY  
DECEMBER 13, 14 AND 15  
WACVA CHAPTER 114 MEETING**

The Chesapeake Beacon, Chapter 114, of the Women's Army Corps Veterans' Association will hold its monthly meeting Dec. 13 at the 449 W. Bel Air Ave., Aberdeen, at 11:30 a.m. The purpose of the meeting will be to assemble Christmas baskets for the women veterans hospitalized at Perry Point VA Hospital, Baltimore VA hospital and BREC.

Members interested in distributing the baskets to the Perry Point VA Hospital on Dec. 14 should meet at 10:15 a.m. in the hospital gymnasium.

Members interested in delivering the baskets in Baltimore should meet at the Aberdeen Senior center at 10 a.m., Dec. 15.

All women serving in the armed forces are invited to join the Women's Army Corps as regular members of the chapter (all women serving in the Army, Army Reserve, Army National Guard, Army Nurse Corps, Women's Army Corps and Women's Army Auxiliary Corps), members-at-large (women who do not want to belong to a chapter at this time), or associate members (women in the Air Force, Marines, Navy and Coast Guard).

For more information, call Wanda Story at 410-272-5040 or go to Web site [www.wacva.com](http://www.wacva.com).

**SATURDAY  
DECEMBER 14  
WACVA CHAPTER 114 MEETING**

The Chesapeake Beacon, Chapter 114, of the Women's Army Corps Veterans' Association will hold its monthly meeting at the Aberdeen Senior Center, 7 Franklin Street, at 10 a.m.

All women serving in the armed forces are welcome to attend and decide whether they would like to join the Women's Army Corps as regular members of the chapter (all women serving in the Army, Army Reserve, Army National Guard, Army Nurse Corps, Women's Army Corps and Women's Army Auxiliary Corps), members-at-large (women who do not want to belong to a chapter at this time), or associate members (women in the Air Force, Marines, Navy and Coast Guard).

For more information, call Wanda Story at 410-272-5040 or go to Web site [www.wacva.com](http://www.wacva.com).

**DECEMBER 14  
CHRISTMAS FELLOWSHIP**

The Christian Education Department and the Church School of St. James A.M.E. Church, 615 Green Street, Havre de Grace, are hosting a Christmas Fellowship with storytelling, readings, Christmas carols, and gingerbread house making/baking at 5 p.m. Refreshments will be served. Free admission. For more information or to sign up for baking, call Sister Caledonia Henry at 410-939-5393.

**SUNDAY  
DECEMBER 15  
'STUFF-A-TRUCK' FOOD DRIVE**

Each month, the Harford/Cecil County Food Bank feeds over 2,100 needy families in the local area. Brody Transportation is placing its truck at Ripken Stadium from 11 a.m. to 2 p.m. for "Stuff-A-Truck" to collect donations of non-perishable food items and household goods for the food bank.

For more information, call the Harford/Cecil County Food Bank at 410-272-1883.

## MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50  
Building 3245 Aberdeen Boulevard

**THE TRANSPORTER**

**Friday, Dec. 6, 7 p.m.**  
Starring: Jason Statham, Qi Shu



Frank hires himself out as a mercenary transporter who moves goods, human or otherwise, from one place to another, no questions asked. His new transport leads to shocking secrets and deadly complications. (Rated PG-13)



**BROWN SUGAR (FREE ADMISSION)**

**Saturday, Dec. 7, 7 p.m.**  
Starring: Taye Diggs, Sanaa Lathan

Dre and Sidney attribute their friendship to a simple childhood

moment. Now some 15 years later, hip hop isn't the only thing that keeps them coming back to memories of that moment on the corner. (Rated PG-13)

**RED DRAGON**

**Saturday, Dec. 7, 9 p.m.**  
Starring: Anthony Hopkins, Edward Norton



Former FBI agent Graham is recruited by the agency to help track down a killer who has slaughtered entire families. To do this, he has to work with the imprisoned Lector. The killer develops an odd relationship with a blind coworker, which may help tame his violent ways or stoke the fires even more. (Rated R)

**TUESDAY  
DECEMBER 17  
HOMELAND SECURITY WORKSHOP**

A Homeland Security Workshop, "Up Close & Personal," will be held at the U.S. Chamber of Commerce, 1615 H Street, NW, Washington, D.C. open to all Department of Defense, armed forces, law enforcement officials, and private industry.

Experts in homeland security and law enforcement, from the federal government and industry, will be presenting valuable workshops in wireless security, disaster prevention & recovery, identity theft, technical security planning, homeland security and much more.

Technology companies will be on hand demonstrating the latest in homeland security products and related physical security products.

For more information about registration, workshop fees, agenda, speakers, and a complete list of vendors, visit <http://www.fbcinc.com/homelandsecurity>.

For more information, call Mark at 1-800-878-2940 ext. 235 or e-mail [mark@fbcdh.com](mailto:mark@fbcdh.com). This workshop is sponsored by The Federal Business Council & The Training Co., in conjunction with the U.S. Chamber of Commerce and PartnerPoint.org.

**SUNDAY  
DECEMBER 22  
CHRISTMAS PLAY**

First Baptist Church of Aberdeen at 219 E. Bel Air Ave. presents "Hark! The Angels Sing" on Dec. 22 at 7 p.m. See the story of Jesus' birth as told through the eyes of angels. For information, call 410-272-2845.

## OC&S LIBRARY

The Ordnance Mechanical Maintenance School library has a portion of its holdings on the FirstSearch database.

Users no longer have to search the old card catalog

to find the title of books held by the library.

This database can only be accessed through computers located in the OMMS library, which is in the basement of building 3071.

The hours are Monday and Friday, noon to 4:15 p.m. and Tuesday through Thursday, 7:30 a.m. to 4:15 p.m.

For more information, call 410-278-4991.

# Sports & Recreation

## Company B 16th ‘Bulldogs’ take a bite out of Company A 16th, wins flag football post championship, 26-6

**Yvonne Johnson**  
APG News

Company B, 16th Ordnance Battalion triumphed over a tough post-season lineup and a resilient opponent in Company A, 16th Ordnance Battalion to claim the 2002 flag football post championship on Nov. 25.

Led by senior Drill Sgts. Kevin Jenkins and Thomas Prentice, the ‘Bulldogs’ rebounded from a final round loss to claim the 26-6 victory.

Jenkins said it was the first time in the six years he’s been on APG that an Advanced Individual Training company took the post championship.

“It was a very good game,” Jenkins said of the final win. “Competition was top notch. Alpha Company definitely challenged us, which made the victory that much more fulfilling.”

Playing in the loser’s bracket, Company A, 16th needed to win twice while Company B, 16th needed only one win for the victory.

Company A, 16th won the first game, a 27-26 thriller in overtime, but couldn’t sustain its momentum in the second game.

“It was a heartbreaker,” said Company A

16th assistant coach Richard Rathburn.

Guided by Senior Drill Sgt. Anthony Dorsey, the team turned a rough first half of the season into a winning second half, Rathburn said.

Overcoming a first-round loss to Headquarters and Headquarters Company, 61st Ordnance Brigade, the team moved undefeated through the rest of the bracket to reach the finals.

Rathburn said that having to play three games in one day during the semi-finals also was tough to overcome.

“The team did great,” Rathburn said. “I never heard of an AIT team playing for the championship. They have a lot to be proud of.”

Jenkins and Prentice credited Andrew Shettler with providing the spark Company B, 16th needed to seal the championship. Shettler, an offensive and defensive lineman, ran two interceptions in for touchdowns during the final game.

“He made the difference,” Prentice said.

Jenkins added that unity was what turned the tide.

“The entire team played together as one unit,” Jenkins said. “That’s something we try to instill in them as soldiers. One team, one fight.”



Photo courtesy of APG INTRAMURAL SPORTS PROGRAM  
*The Company B, 16th Ordnance Battalion ‘Bulldogs’ celebrate after winning the 2002 Intramural Flag Football Championship on Shine Sports Field, Nov. 25. After losing the first game 27-26 in overtime, the Bulldogs defeated Company A, 16th Ordnance Battalion, 26-6.*

## Football update

The following results were reported for the intramural flag football post-season tournament, Nov. 20 to 25.

**Nov. 20**  
Company E 16th, 18; Company C 16th, 6  
HHC 61st, 21; USMC, 0

**Nov. 21**  
USAF, 20; HHC 16th, 0  
NCOA, 7; MRICD, 0  
Company B 16th, 28; Company B 143rd, 8  
Company A 16th, 30; HHC 143rd, 6  
Company B 143rd, 36; Company C 16th, 6  
USMC, 20; Company B 143rd, 0

**Nov. 22**  
Company B 16th, 18; Company E 16th, 16  
HHC 61st, 8; Company A 16th, 6

**Nov 23**  
NCOA, 13; USAF, 6  
Company B 16th, 14; HHC 61st, 12  
HHC 16th, 26; HHC 143rd, 0  
USMC, 6, MRICD, forfeit  
Company A 16th, 14; Company E 16th, 8  
HHC 16th, 19; USMC, 0

**Nov. 24**  
Company B 16th, 20; NCOA, 8  
Company A 16th, 20; USAF, 15  
HHC 16th, 13; HHC 61st, 6  
Company A 16th, 18; HHC 16th, 14  
Company A 16th, 14; NCOA, 6

**Nov. 25**  
**Post Championship**  
Company A 16th, 27; Company B 16th, 26 (OT)  
Company B 16th, 26; Company A 16th, 6



MWR

Morale, Recreation & Welfare

# Activities

## New York City lights, shopping trip

Ride in a deluxe motor-coach and arrive at Macy's 34th street to 'shop til you drop,' Dec. 13. At dusk everyone will board the bus to take a city tour of Christmas lights.

The bus departs at 9 a.m. in front of the AA Recreation Center and returns at 11 p.m. Purchase tickets at ITR/MWR Register by Dec. 6. Cost is \$45.

For more information, call Earlene Allen at 410-278-3854 or e-mail earlene.allen@usag.apg.army.mil.

## Seated massage therapy

Seated massage therapy for stress reduction, acupressure and relaxation is available every Thursday, 11 a.m. to 1 p.m., at the AA Recreation Center, building 3326, and the EA Fitness Center, building E-4210, for \$15 for 15-minute minimum, and \$5 increments. Nationally certified massage therapists can design the ideal combination of techniques for the perfect therapeutic experience.

Appointments are preferred, but walk-ins will be accepted based on availability.

To set-up an appointment in the Aberdeen Area, call 410-278-3404/2621, or call 410-436-7134 to set-up an appointment in the Edgewood Area.

Visit the AA Recreation Center 9 to 5 p.m. or ITR/Central Registration, building 3326, or call 410-

278-4907.

For more information, call Stacie Umbarger at 410-278-3931 or e-mail stacie.umbarger@usag.apg.army.mil.

## Bowling specials

### 3-6-9 tournament

In a 3-6-9 tournament, a strike is registered in the third, sixth and ninth frames whether it is bowled or not. Register for this three-game tournament by Dec. 8 at the Bowling Center. Games start at 3 p.m., Dec. 8.

For more information, call Dave Brewner at 410-278-4041 or e-mail him at dave.brewner@usag.apg.ar.my.mil.

### Head Pin Hattie

The object in this tournament is to hit the head pin to score. If bowler doesn't hit the head pin, a zero is scored for that frame. The highest score after 10 frames receives a chance to win a ham for the holidays. Tournament runs Dec. 16 through 20 and costs \$2 per person.

For more information, call Dave Brewner at 410-278-4041 or e-mail dave.brewner@usag.apg.ar.my.mil.

## Bowling Pro Shop sale

The Bowling Center's annual holiday sale runs through Dec. 13. Receive 10 percent off of everything from bags to shoes.

For more information, call Dave Brewner at 410-278-4041 or e-mail dave.brewner@usag.apg.ar.my.mil.

# Holiday Schedule

## Nascar

Tickets are now available at ITR/MWR Registration for the Nascar Winston Cup Race at Dover Downs Sept. 21. A bus departs at 8 a.m. and returns that evening.

Cost for this event is \$135, but you can reserve tickets today for only \$65. The balance will be due 30 days prior to the event.

For more information, e-mail Stacie Umbarger at stacie.umbarger@usag.apg.army.mil or call 410-278-3931.

## Yoga Fit

A Yoga Fit Program will run at the AA Youth Center Jan. 7 through March 13. This is a hybrid style of yoga that is fitness-oriented and user friendly. It follows the traditional group exercise model of warm-up, workout and cool down. Register by Dec. 30 at ITR/MWR Registration or the AA Fitness Center. Cost of the class is \$30. For more information, call Stacie Umbarger at 410-278-3931 or e-mail her at stacie.umbarger@usag.apg.army.mil.

## Aerobic Kickboxing

This high intensity workout utilizes kicking, boxing, aerobic and martial arts-type movements. Class starts Jan. 6 in the AA Athletic Center from 11:30 a.m. to 12:30 p.m. Register by Dec. 30 at ITR/MWR Registration for only \$30. For more information, call Stacie Umbarger at 410-278-3931 or e-mail stacie.umbarger@usag.apg.army.mil.



# Youth Center activities

## Die Fledermaus

Friday, Dec. 6

### Lyric Opera House, Baltimore

The students of the Edgewood and Aberdeen Youth centers will attend the Baltimore Opera's performance of Strauss' Die Fledermaus. The Opera, a musical story of comic happenings surrounding a costume party, will be in English. Performance begins at 7 p.m. at the Lyric Opera House.

The program is for youths in grades 4 to 12. Tickets are \$13. Space is limited. A minimum of 10 people is necessary. Tickets will be sold Dec. 2 to 4 on a first come - first served basis. The bus will depart the Aberdeen Youth Center at 5:30 p.m. and the Edgewood Youth Center at 6 p.m. It will return to the Aberdeen Youth Center at 11:30 p.m. and the Edgewood Youth Center at 10:30 p.m. There is a dress code for this event. No sweats or tennis shoes permitted. Participants are encouraged to wear dress pants, dress shoes, etc. For more information, call 410-278-4995 or e-mail norma.warwick@usag.apg.army.mil.

## Gingerbread house creations

Saturday, Dec. 7

### Aberdeen Youth Services

The Community Recreation and the Child and Youth Services divisions combined resources to guarantee a wonderful family program. Get into the holiday spirit this year by creating and constructing gingerbread houses. The fun begins at 9:30 a.m. and doesn't stop until 12:30 p.m. Use frosting, candies and holiday decorations to complete a masterpiece. There will be music, stories and a craft. Start a new family tradition this year by being part of Youth Services holiday celebration. Bring a sturdy plate and a box of graham crackers. Other supplies will be provided. Register by Dec. 2 at Aberdeen Youth Services for only \$18. If the child is already registered at Child and Youth Services, call to find out about a special discount. For more information, e-mail norma.warwick@usag.apg.army.mil or call 410-278-4995, or e-mail donna.coyne@usag.apg.army.mil or call 410-278-3929.

## Teen dance at Fort Detrick, Md.

Saturday, Dec. 7

### Fort Detrick, Frederick, Md.

We've been invited by Fort Detrick's teens to join them for a dance. The space is limited so it is a first-come-first-served event. Call the Aberdeen Youth Center at 410-278-4995 or email norma.warwick@usag.apg.army.mil for details.

## Middle School holiday dance

Friday, Dec. 13

### Aberdeen Youth Services

Teens aren't the only youths who enjoy dancing. This dance is for middle schoolers, grades 5 to 8. Sponsored by the Torch Club and SMART Girls, professional disc jockey Sir Knight will be providing the latest and most popular tunes throughout the evening. Times are 7 to 10 p.m. Cost is \$4 for Youth Services members and \$5 for guests. For information call the Aberdeen Youth Center, 410-278-4995, or email norma.warwick@usag.apg.army.mil.

## TEENSupreme Clubs wrap gifts at the Aberdeen Area post exchange

Our teen leaders of tomorrow, the TEENSupreme Keystone Clubs, from APG's Aberdeen and Edgewood youth centers will be participating in the gift wrap program at the AAFES post exchange. Whether you purchased the gift at the PX or not, if it needs to be wrapped, bring it in. Donations only. Happy Holidays!

Thursday, Dec. 5 from 3 to 9 p.m. - Edgewood TEENSupreme Club

Friday, Dec. 20 from 3 to 9 p.m. - Aberdeen TEENSupreme Club

Saturday, Dec. 21 from 9 to 3 p.m. - Aberdeen TEENSupreme Club

Saturday, Dec. 21 from 3 to 9 p.m. - Edgewood TEENSupreme Club

## Music and drama program

From vocals and percussion to dancing and drama, this is an outstanding program. There are still openings for middle

schoolers and high schoolers. Call for times and dates.

## Tuesday nights are for cookin'

Visit the cooking club at Aberdeen Youth Services from 6:30 to 7:30 p.m.

## Torch Club meets on Wednesday

Leadership club for youths from 11 to 13 meets at Aberdeen Youth Services from 6:30 to 7:30 p.m.

## CHECKMATE! Chess Club meets on Thursday

For beginners and those more experienced, learn about the game of strategy involving knights and bishops at Aberdeen Youth Services from 6 to 6:45 p.m.

## TEENSupreme Keystone Club meets on Friday

Leadership Club for youths 14 to 18 meets at Aberdeen Youth Services from 6:30 to 7:30 p.m.

## Want to know more?

There are three easy ways to contact Youth Services:.

1. CALL 410-278-4995 or 410-278-9061.
2. VISIT building 2522, next to the Shoppette across from the Ordnance Museum.
3. SEND an e-mail to norma.warwick@usag.apg.army.mil.

There's lots to do at the Aberdeen Youth Center.

From computer labs and game rooms to lifeskill projects and photography, there's always something happening. We've got everything for middle and high schoolers, from drop-in open recreation, to a structured before and after school program. Annual registration is \$15/child or \$35/family. To register, call Christina Keithley at 410-278-7571.

## LIBRARY BOOK CORNER

Operating hours of the Aberdeen Area Library, building 3320, are Saturday and Sunday, 1 to 5 p.m., Monday, Wednesday and Thursday, 11:30 a.m. to 6:30 p.m.\

The Edgewood Area library is open on Tuesday, 11:30 a.m. to 6:30 p.m. For information, call 410-436-3589.

To receive a complete listing of the library's new materials via e-mail and also reserve items electronically, call the library at 410-278-4991

# Christmas holiday schedule for MWR activities

Activity	Thursday Dec. 19	Friday Dec. 20	Saturday Dec. 21	Sunday Dec. 22	Tuesday Dec. 24	Thursday Dec. 26	Friday Dec. 27
Arts & Crafts AA	10 a.m. to 5 p.m.	10 a.m. to 7 p.m.	10 a.m. to 5 p.m.	Closed	Closed	Closed	Closed
Arts & Crafts EA	1 p.m. to 9 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	Closed	Closed	Closed	Closed
Athletic Center	5 a.m. to 6 p.m.	5 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	5 a.m. to 6 p.m.
Auto Crafts	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	Closed	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.
Bowling Center	11 a.m. to 10 p.m.	11 a.m. to 10 p.m.	1 p.m. to 10 p.m.	Closed	Closed	11 a.m. to 6 p.m.	11 a.m. to 10 p.m.
Equipment Rental Center	10 a.m. to 5 p.m.	10 a.m. to 7 p.m.	7 a.m. to 12 p.m.	7 a.m. to 12 p.m.	Closed	10 a.m. to 5 p.m.	10 a.m. to 7 p.m.
Exton*	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 3:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.
Fitness Center AA	5:30 a.m. to 6 p.m.	5:30 a.m. to 1 p.m.	Closed	Closed	5:30 to 10:30 a.m.	Closed	Closed
Fitness Center EA	5:30 a.m. to 6 p.m.	5:30 a.m. to 1 p.m.	Closed	Closed	5:30 to 10:30 a.m.	Closed	Closed
Hoyle Gym	5 a.m. to 10 p.m.	5 a.m. to 10 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.
MWR Registration	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.	Closed	Closed	Closed	9 a.m. to 5 p.m.	9 a.m. to 5 p.m.
Library AA	11:30 a.m. to 6:30 p.m.	Closed	1 p.m. to 5 p.m.	1 p.m. to 5 p.m.	Closed	11:30 a.m. to 6:30 p.m.	Closed
Library EA	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Recreation Center AA	10 a.m. to 6 p.m.	10 a.m. to 6 p.m.	Closed	Closed	Closed	Closed	Closed
Snack Bar	11 a.m. to 1:30 p.m.	11 a.m. to 1:30 p.m.	Closed	Closed	Closed	Closed	Closed
Recreation Center EA	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Snack Bar	Closed	Closed	Closed	Closed	Closed	Closed	Closed
Ruggles*	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 3:30 p.m.	8 a.m. to 4:30 p.m.	8 a.m. to 4:30 p.m.

\*In event of inclement weather course will be closed and signs posted.

All MWR activities are closed Christmas and New Year's Day



# Gift Wrap schedule at post exchange

<i>Thursday, Dec. 5 - 9 a.m. to 9 p.m.</i> Protestant Women of the Chapel, 9 a.m. to 3 p.m. Sue Miedamer, 410-272-8421 Edgewood TEENS supreme Club, 3 to 9 p.m. Norma Warwick, 410-278-4995	Roni Maturey, 410-612-0899
<i>Friday, Dec. 6 - 9 a.m. to 9 p.m.</i> Girl Scout Troop 447 Stacey Mainor, 410-273-2439	<i>Thursday, Dec. 12 - 9 a.m. to 9 p.m.</i> Company C, 16th Ordnance Battalion Soldier Support (AIT) 1st Lt. Sarai Martin, 410-278-8579
<i>Saturday, Dec. 7 - 9 a.m. to 9 p.m.</i> 520th Theater Army Medical Laboratory 1st Sgt. David Zahn, 410-436-3647	<i>Friday, Dec. 13 - 9 a.m. to 9 p.m.</i> 389th Army Band (AMC's Own) Spc. Adam Getz, 410-278-8769
<i>Sunday, Dec. 8 - 10 a.m. to 6 p.m.</i> Girl Scout Troop 54 Lorene Hutchinson, 410-676-4281	<i>Saturday, Dec. 14 - 9 a.m. to 9 p.m.</i> Company C, 16th Ordnance Battalion Melissa Brillhart, 410-273-2439
<i>Monday, Dec. 9 - 9 a.m. to 9 p.m.</i> Women of Grace Gospel Dina Hughes, 410-420-3553	<i>Sunday, Dec. 15 - 10 a.m. to 6 p.m.</i> 4th Combat Engineer Battalion Sarah Ortis-Brown, 410-272-6043
<i>Tuesday, Dec. 10 - 9 a.m. to 9 p.m.</i> 520th Theater Army Medical Laboratory 1st Sgt. David Zahn, 410-436-3647	<i>Monday, Dec. 16 - 9 a.m. to 9 p.m.</i> Protestant Women of the Chapel, Aberdeen Area Sue Miedamer, 410-272-8421
Wednesday, Dec. 11 - 9 a.m. to 9 p.m. Edgewood Area PTA	<i>Tuesday, Dec. 17 - 9 a.m. to 9 p.m.</i> 16th Ordnance Battalion Coffee Group Kim Grubbs, 410-272-9137
	<i>Wednesday, Dec. 18 - 9 a.m. to 9 p.m.</i> Girl Scout Troop 2025 Cyndi Bodeman, 410-676-1404

<i>Thursday, Dec. 19 - 9 a.m. to 9 p.m.</i> U.S. Air Force Detachment 1 Eilen DiCuirci, 410-272-5349
<i>Friday, Dec. 20 - 9 a.m. to 9 p.m.</i> 520th Theater Army Support Group, 9 a.m. to 3 p.m. 1st Sgt. David Zahn, 410-436-3647 Aberdeen TEENS supreme Club, 3 to 9 p.m. Norma Warwick, 410-278-4995
<i>Saturday, Dec. 21 - 9 a.m. to 9 p.m.</i> Aberdeen TEENS supreme Club, 9 a.m. to 3 p.m. Edgewood TEENS supreme Club, 3 to 9 p.m. Norma Warwick, 410-278-4995
<i>Sunday, Dec. 22 - 10 a.m. to 6 p.m.</i> Edgewood Area Youth Services Club Beyond Sue Miedamer, 410-272-8421
<i>Monday, Dec. 23 - 9 a.m. to 9 p.m.</i> 4th Combat Engineer Battalion Sarah Ortis-Brown, 410-272-6043
<i>Tuesday, Dec. 24 - 9 a.m. to 6 p.m.</i> Tech Escort Unit Cindy Stein, 410-588-5866

# Holiday specialty meal



The annual Holiday Specialty Meal is scheduled Dec. 25, noon to 1:30 p.m., in the Aberdeen Area Dining Facility, building 4503. All military, family members, Department of Defense civilians, retirees and guests are invited. The standard meal rate of \$5.25 applies to any officer, enlisted member, family member of sergeant or above, retirees and their guests and Department of Defense civil-

ians. Additionally, the discount meal rate of \$4.55 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal and permitted to eat in the dining facility by the installation commander. The menu includes turkey noodle vegetable soup, roast prime rib of beef au jus, baked ham, roast turkey, mashed potatoes, baked sweet potatoes, savory bread dressing, seasoned broccoli, seasoned corn, turkey gravy, assorted salads, assorted pastries, assorted fresh fruits, assorted beverages and soft serve yogurt. Menu is subject to change without prior notification. For more information, call the Installation Food Service Office at 410-306-1392/1393/1397/1398.

# Mail packages overseas early

Postal Service officials recommend that letters and packages addressed to Army Post Office (APO) or Fleet Post Office (FPO) zip codes be mailed by the following dates to ensure delivery by Christmas:

- Standard mail** - Nov. 6
- Space available mail** - Nov. 27
- Parcel airlift mail** - Dec. 4
- First class and all priority mail** - Dec. 11

International mail should follow the schedule below:

Delivery Address	Air letters and cards	Air parcel post	Surface
Africa	Dec. 9	Dec. 9	Nov. 1
Asia/Pacific Rim	Dec. 16	Dec. 16	Nov. 6
Australia/New Zealand	Dec. 16	Dec. 16	Nov. 6
Canada	Dec. 16	Dec. 16	Nov. 23
Caribbean	Dec. 16	Dec. 16	Nov. 20
Central & South America	Dec. 9	Dec. 9	Nov. 6
Mexico	Dec. 16	Dec. 16	Nov. 23
Europe	Dec. 16	Dec. 16	Nov. 13
Middle East	Dec. 16	Dec. 16	Nov. 1

## APG closing announcements

If the installation is closed, is experiencing a delay in opening or if liberal leave is in effect due to weather or other emergency situations, check for postings on the local television and radio stations (listed below), WAPG-TV Channel 3 (on Aberdeen Proving Ground), or call 410-278-SNOW (7669). A recorded telephone message will contain updated information and should begin at about 5 a.m. Announcements about federal offices in the greater Baltimore metropolitan area do not apply to APG; listen for those that name APG specifically. For general information, call 410-278-1147, the APG Public Affairs Office. The radio and television stations are:

Station	Frequency	Location
WAMD	AM 970	Aberdeen
WXCX	FM 103.7	Havre de Grace
WBAL	AM 1090	Baltimore
WIYY	FM 97.9	Baltimore
WPOC	FM 93.1	Baltimore
WDEL	AM 1150	Wilmington, Del.
WSTW	FM 93.7	Wilmington, Del.
WSBA	AM 910	York, Pa.
WARM	FM 103.3	York, Pa.
WROZ	FM 101.3	Lancaster, Pa.
WBAL-TV	Channel 11	Baltimore
WMAR-TV	Channel 2	Baltimore
WBFF-TV	Channel 45	Baltimore
WJZ-TV	Channel 13	Baltimore

## LEAVE DONATION

### Employees eligible for donations in the Voluntary Leave Transfer Program are:

**Beginning immediately, the new forms to use for the Voluntary Leave Program are OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and**

Mary A Banaszak Fay Walker Banker (hip replacement) Marian Bellis (fracture of left tibia) Gretchen E. Blethen Bonnie Bromley (liver transplant) Daniel Brown (father has emphysema) Tammy Budkey Jane E. Calahan (surgery) Patricia D. Choate Nancy Coleman-Jones (surgery) Tracy H Coliano-Hirsch (maternity) Geraldine S. Cragg Dawn M. Crouse (surgery) Jessica L. Dang (maternity) Rene de Pontbriand	Tricia Lin Dietz Fred Dill Joseph R. Dugan Messina Enderlein Wayne Erb (wife is ill) Patty Gibson Joyce C Green Edgar W. Greer Michael L. Hitchcock (surgery) Fern L. Hitchcock (surgery) Melanie A. Hoffman (parasinusitis, fibromyalgia condition) Beverly A Higgins (surgery) Stephen Howard (bone marrow transplant) Theresa L. Hutchins Wayne A. Jaynes Evelyn K. Johnson	(surgery) Marcia Johnson (caregiver for daughter) Marlin Julian (heart surgery) Mary B. Kane (surgery on leg) Jennifer Keetley (maternity) Beverly King (caring for husband) William Klein Anita L Koller care for husband) Carrie L. Lambert Angela R. Little (neck and shoulder injury) Edna L. Lobodzinski (eye surgery) William B. McLean (kidney failure)
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**OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Employees leaving the program should contact Dave Mial, 410-278-1524, to complete a termination form.**

Rebecca G. Mercer-Leto (heart attack) Stacy Miller (maternity) Michelle Millary (taking care of father) John E. Mogan (surgery) Cecil Pennington (surgery) Debi L. Petosky (back surgery) Karen S Pense Mary E. Pettitway Linda M. D. Queen Barbara Carol Remines (surgery) Michael Reynolds Boyd J. Richards (care of mother) Denise Robinson (maternity) Ricky Ross (heart attack) Tami C. Rowland (mater-	nity) Allan Scarborough (back surgery) Jennifer W. Sekowski Sherry Schaffer Diane Scott Lena Shelton Teresa L. Shores Motoko Stahl Debra S. Stark (surgery) Colvin J. Strickler II Rachel Swearingen Walter J Swiderski Hilary P. Talbot Jorta J. Thomas-Murcia (surgery) Alison Tichenor (surgery) Sandra M. Wachter (surgery) Rosalind Walters-Kenion (maternity)	Cecelia Walton (respiratory problems) Michelle L. Watters Beverly A. Werner (surgery) Michael R. Willard Charles Young (kidney and pancreas transplant) Ludilina O. Valarao (surgery) Andrew M. Vaught (brain tumor removed) Wanda L. Waldon (surgery) *Colleen Waller Josephine O. Wojciechowski (care for elderly parents)
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# AFAP

### From front page

“Veterans and their family may be dependent on full-time employment or there may be other members of the household, such as a spouse or a child, currently pursuing their dreams,” Fischer said, “thereby making it a very cost-prohibitive option during the first 10 years following ETS or retirement.” Citing the MGIB as an aid to recruitment and an enhancement of the nation’s competitiveness with a more educated workforce, Fischer put forth her group’s recommendation to eliminate the 10-year expiration date. Help for retirees was the focus of the #2 issue, retiree Dislocation Allowance. Pointing out that service members incur the same kinds of relocation expenses whether they retire or make a permanent change of station, Barbara Willey of Fort Myer, Va., spoke from her own recent retirement move experience. In addition to the normal expenses incurred during a move, “often a service member retiring is still seeking employment, so there are additional financial burdens,” she said, adding, “we just feel it’s one more that we can say ‘thank

you’ to a retiring service member and his or her family.” The group’s recommendation to authorize and fund retirement dislocation allowance would mean changing current law. Issue #3 was selective use of military spouse preference, briefed by Ginny Quirin, Fort McCoy, Wis. The intent of the MSP was to assist spouses in their career progression, not just to get a job, she said. But sometimes a spouse takes the first job available in order to boost the family income after a permanent change-of-station move, Quirin explained, and that job may not be in the spouse’s career field. If another position opens that is, the spouse has already invoked the MSP and cannot invoke it again at that installation. The recommendation is that spouses be authorized to select the job series and grade for which they want to invoke the MSP. Medical coverage for activated Reserve-Component families was the fifth issue. West Point’s Debbie McDonald described how reservists have difficulty retaining their civilian health insurance for their families because the premiums become prohibitively expensive. As a result, soldiers switch to TRICARE, “and, in some cases, the TRICARE system does not provide all the [medical] coverage the fam-

ily needs,” said McDonald, adding that although waivers are possible, they take a while to obtain, potentially interrupting crucial treatment. The work group recommended establishing a civilian healthcare allowance for activated RC soldiers to offset the increased premiums to their existing coverage. After all the issues were briefed, delegates voted for the top five from the conference, the six most critical active AFAP issues and the most valuable community services. “This has been a terrific conference. Those issues are real; they are serious,” Keane told attendees. “Those compelling issues that do not require resources, we’ll do something about quickly. Those that require resources, we’ll have to study them. Those that require policy changes and do not require resources, we’ll change the policy. “There is no single activity in the United States Army that produces more results on behalf of soldiers and family members than AFAP, not just at this conference, but at the installation and major Army command levels, and we reap the benefits of what this team has done,” he said. Youth delegate Jones testified to reaping AFAP benefits. “The one where if I’m a senior I can stay. My mother was getting ready to move and because of that I get to stay and grad-

uate,” Jones said. He was referring to an AFAP issue that resulted in new personnel guidance that allows soldiers to request stabilization if they have a family member who’s a junior in high school. For first-time AFAP attendee Michael Austin, spouse of an enlisted soldier from Fort Jackson, S.C., it was a learning experience. “It’s been totally awesome. I’ve learned a lot about the Army. I’ve learned they do care and even though they’re putting soldiers out front to protect us, [senior leaders] are also concerned about the family member and retirees that are left behind,” Austin said. Sgt. Norma Klein, Better Opportunities for Single Soldiers president at Fort Stewart, Ga., echoed those sentiments. “[Our leaders] do care what happens down in the trenches. When you’re there, you don’t think they do, but up here, I’ve learned otherwise. They’re totally for the soldier,” Klein said. AFAP is a family support program of the U.S. Army Community and Family Support Center. The AFAP grassroots process has identified issues affecting soldiers’ and families’ lives to the senior leadership level since 1983. (Editor’s note: Harriet Rice is the CFSC Public Affairs Officer.)



# Safety and Health

## What is cholesterol and how do you manage it?

**Maj. Beverly A. Crosby**  
CHPPM

Cholesterol can be good and bad, so it is important to learn what cholesterol is, how it affects health, and how to manage your blood cholesterol levels. High cholesterol is one of the major risk factors for heart disease. The higher the cholesterol level, the greater the risk for developing heart disease or having a heart attack. Heart disease is the number one killer of men and women in the United States.

Cholesterol is a soft, waxy fat found in all human beings. It is normal to have cholesterol. The body manufactures about 80 percent of it. The rest is consumed through animal products such as meat, eggs, and dairy products. Food from plants like fruits, vegetables, and cereals do NOT have cholesterol. Cholesterol is used to form cell membranes, some hormones, and serve other needed bodily functions.

Hypercholesterolemia is the term for high levels of blood cholesterol. High cholesterol is a major risk factor for Coronary Heart Disease, which can lead to heart attack and stroke. Everyone 20 and older should have his or her cholesterol checked at least once every five years. This blood test is done after a 9- to 12-hour fast and will give information about total cholesterol, low-density lipoprotein (LDL) cholesterol, high-density lipoproteins (HDL) cholesterol and triglycerides.

Cholesterol and fats do not dissolve in blood. They must be transported to and from cells by special carriers known as lipoproteins. There are two kinds of lipoproteins to be concerned

with: LDL and HDL. The LDL, known as “bad” cholesterol, is the main cause of harmful fatty buildup in arteries. The higher the LDL level the greater the risk of heart disease, which will increase the risk of heart attack and stroke. This HDL, which is the “good” cholesterol, is made by the body for its protection and travels away from the arteries. The HDL helps prevent cholesterol buildup in the arteries by carrying blood cholesterol to the liver where it can be eliminated. The lower the HDL, the greater the risk of heart disease.

Atherosclerosis is a process that clogs the coronary arteries, arteries that supply the heart with oxygen-rich blood. Cholesterol and other fatty substances collect on the damaged artery walls. The substances build up layer upon layer and form a hard substance called plaque. Plaque build-up will narrow the arteries causing a decrease in blood flow to the heart. The decrease in blood flow increases the risks of heart attack or stroke.

A variety of things can affect cholesterol levels. Some things can be changed and some cannot. Below are some therapeutic lifestyle changes to make to improve cholesterol levels:

- 1. Change eating habits:**
  - Eat a low-saturated fat, low-cholesterol diet.
  - Broil, roast, bake or steam foods.
  - Remove skin/extra fat before cooking.
  - Use nonstick pans or cooking sprays.
  - Read food labels.
- 2. Quit smoking:**

- Make an agreement with yourself to quit.
- Fight the urge by going where smoking isn’t allowed
- Associate with people who don’t smoke
- Ask a healthcare provider for information and programs that may help

- 3. Limit alcohol intake (moderate amounts):**
  - One drink a day for women.
  - Two drinks a day for men.
  - One drink is equal to: 12 fl oz beer, 4 fl oz wine, 1 fl oz 100-proof spirits, or 11/2 fl oz 80-proof spirits (bourbon, scotch, vodka or gin).
- 4. Avoid or reduce obesity.**

Diets are NOT recommended - they may take the weight off fast, but only work in the short term. When the diet stops, the weight returns. Instead of dieting, make lifestyle changes:

- Get a cholesterol screening.
  - Maintain a healthy weight.
  - Exercise regularly.
  - Change what you eat, obesity can cause increased cholesterol and high blood pressure.
- 5. Reduce stress:**
    - Deep breathing exercises.
    - Engage in regular physical activity.
    - Eliminate or reduce caffeine (coffee, tea and cola drinks) and alcohol.
    - Relax and sit quietly for 15 to 20 minutes a day.
    - Use waiting time to read a book or write letters.
  - 6. Perform aerobic exercises regularly:**
    - Three times a week for 20-60 minutes each time, gradually increasing.
    - Prior to exercising, warm up for five minutes.

- Rhythmic and steady exercise will increase the heart rate.
- After exercising, cool down for five minutes.
- Consult a healthcare provider before starting any exercise program.

Things that cannot be changed include age, gender and heredity. As men and women get older, cholesterol levels rise. Before menopause, women tend to have lower total cholesterol levels than men of the same age. After menopause, LDL levels tend to increase. Heredity is also a factor. High blood cholesterol levels can run in families. Genes partly determine how much cholesterol the body makes.

Sometimes diet and exercise are not enough to reduce cholesterol to goal levels. Cholesterol-lowering drug therapy may be necessary. The decision of which drug to prescribe will be based on factors such as the degree of cholesterol lowering desired, side effects and cost. Even though drug treatment begins, continue with lifestyle changes. High blood cholesterol does not cause symptoms, so many people are unaware that their level is too high.

Understanding the facts about cholesterol will help develop a healthier lifestyle, take better care of the heart, and reduce the risk for heart attack and stroke. Get a cholesterol screening; eat a low-saturated fat, low-cholesterol diet; maintain a healthy weight; exercise regularly; drink only moderate amounts of alcohol; and follow healthcare provider’s recommendations.

## Keeping stress from holiday shopping

**Paul A. Papp**  
DSHE

(Editor’s note: This is the first in a series of articles designed to help make the holidays safe and stress free.)

With the holidays approaching, many will be adjusting schedules to spend time with family and friends focusing on the religious and/or cultural celebrations of the season.

Sounds of holiday music, fragrant aromas emanating from the kitchen, gingerbread cookies and holiday punches, laughter from holiday revelers, and the glow of the bright colorful lights are all part of the festivities along with visiting, eating and smiling more. Strangers are even greeted with a smile and kind word.

For most, this break from the winter routine provides an important opportunity to recharge physical, emotional and spiritual batteries. Unfortunately, for others the stress of the holiday season and their inability to manage it is greater than any benefit it provides.

When things at home are less stressful there is more energy to cope with the stress that comes with work and that can make everyone happier.

### Holiday shopping

**Set a budget.** Friends and family are worthy of gift giving, but too often generosity during the holidays comes with a price tag that is paid for all year. Use current financial information to set a realistic budget. Ask yourself, “How much can I spend on gifts, entertaining, traveling, etc.” Answer realistically. Use the total as the basis for a holiday spending plan.

**Make a list.** Check it twice. For whom and how much should be spent on each person? Purchasing items from a store is not the only way to show someone that you care about them. Use your talents to gift someone. Often the gift of time is the best gift.

**Be creative.** A gathering of old friends, neighbors or family can provide intangible gifts such as shared memories or new traditions that are much more valuable than things. Remember grandmother’s present when you were 10? Remember the smell of her presence, the feel of her skin when she held your hand, the sound of her laughter? Give some of these things to loved ones.

At times there is that special item that someone just has to have. Get it for them but realize that to do so takes money away from other people or activities on the list.

**Do research.** After knowing who wants what, a little research can make the shopping trip more pleasant. Shopping on the Internet is quick, less expensive and a safe alternative. For others, nothing compares with the thrill of going to the mall. Still, a trip through the Sunday advertisements, department store catalogues or the Internet can save money. A phone call to the store to determine if an item is in stock can save time as well as prevent frustration and the tendency to buy a replacement gift impulsively.



### To the store -- an adventure or a time to fear?

- Plan how to get there.
- Be aware of surroundings.
- Stay on well-lit, well-traveled streets. Avoid unlit doorways and dark areas.
- Let someone know where you’re going and when you’ll be back.
- When approached by a stranger, such as for directions, be alert. Project a no-nonsense attitude, keep your distance and move quickly. Never go near a car to answer a question.
  - Don’t be distracted. Criminals often work in pairs. One person gets your attention while the other steals your purse, wallet or shopping bag.
- Try to park as close to the store as possible.
- Park in a well-lighted parking lot or near a well-traveled road.
- Always try to walk to and from vehicle with another person. If shopping alone, consider walking near other shoppers in the parking lot. If leaving at night — particularly if carrying several bundles — ask a security officer to accompany you to your car.
- Inside a mall, avoid darkened hallways and other backroom areas, especially near closing time.
- Avoid using bathrooms that are tucked away in a back area of a mall concourse or department. When possible, find a bathroom near the mall’s food court or other well-trafficked area. And always accompany children to the bathroom.
- Never use a video arcade or toy store as a baby sitter; predators are on the prowl for unattended children. More than 100,000 children are abducted every year — often in malls or department stores, according to the National Center for Missing and

Exploited Children.

Find out whether the malls and stores you frequent have procedures to search for a missing child. Wal-Mart, Home Depot and Target are among retailers participating in a program developed by the NCME. The program, called “Code Adam,” was named after Adam Walsh, a 6-year-old Florida boy who was killed after being abducted from a shopping mall in 1981. As soon as a child is reported missing, employees scour the aisles. If the child doesn’t turn up after 10 minutes, the police are notified.

- Be very alert in a large crowd. For pickpockets and con artists this is one of their most productive seasons.
- If a person entering an elevator makes you uneasy, get off immediately.
- Do not carry large amounts of cash.
- Use the ATM during daylight hours. Take someone with you if possible. Before using the ATM, look around to make sure no one is lingering in the area. Make withdrawals in small quantities. Memorize your PIN number. If anything suspicious happens, immediately cancel your transaction and leave.
- Never leave receipts in the machine. Keep them to check against monthly bank statements.
- Secure cash quickly and unobtrusively.
- When leaving an ATM location make sure you are not being followed. If followed, drive immediately to a police, sheriff or fire station, crowded area, well-lighted location or open business. Flash the headlights and sound the horn to bring attention to your situation
- Men should carry their wallet in the front pants pocket, rather than in a back pocket or jacket. Women, should hold their purse close to the body, with the opening facing toward you; when walking with another person, the purse should be held between the two.
- When possible, avoid using revolving doors — particularly the automatic kind. A thief with good timing can grab a purse or package and make a quick getaway in the time it takes to emerge.
- Never leave purchases unattended, even for a few minutes.
- Pick-up credit or ATM card after making purchase.
- Store purchases in the car trunk. When weighed down with packages, don’t be tempted to throw them in the back seat and return to the mall to continue shopping. Purchases in plain view are easy targets for theft.
- Save the most expensive purchases for last, then head straight home.
- Secure purchases in as few bags as possible.
- Have ignition key ready when approaching the vehicle. Before entering, check that no one is hiding in the back seat.
- If involved in a confrontation and the attacker is armed with a weapon and demands money or valuables, give it to them. Do not resist, property may be recovered later or replaced.

## Safe toys and gifts month -- choosing toys wisely

**Dale P. Barrette**  
Navy Optometry

With the holiday season just around the corner, the Tri-Service Vision Conservation and Readiness Program, U.S. Army Center for Health Promotion and Preventive Medicine is helping ‘PREVENT BLINDNESS AMERICA’ teach gift givers how to choose toys that are safe for children.

“Too many people don’t know what safety features to look for when purchasing toys,” says Cmdr. Dale Barrette. “That’s one reason why toys now rank as the number one cause of eye injuries in children.”

Last year more than 14,000 toy eye injuries were reported in hospital emergency rooms. The actual number may be higher because the statistic does not include injuries treated at out-

patient clinics or private doctor’s offices. Ninety percent of these eye accidents are preventable.

The right toy can help children develop imagination and coordination. An inappropriate toy can do more harm than good.

While many toy manufacturers follow mandatory and voluntary safety guidelines for their products, a few do not. The challenge is to find a toy the child will love and know the child safe.

- To select a toy for someone special;
- Avoid toys that shoot projectiles or include parts that fly off. ‘BB’ guns, slingshots and water guns are dangerous because they invite children to target other youngsters.
- Inspect toys for sound construction. Products given to young children should be

made of durable materials with no sharp edges or points. Toys should also withstand impact.

- Avoid giving toys with small parts to young children. These youngsters tend to put items in their mouths, increasing their risk of choking.
- Read instructions carefully and follow suggested age levels. Is the item appropriate for the child’s ability and age? Age labeling is provided not just for developmental reasons, but for safety reasons as well.
- Look for the letters ‘ASTM.’ This indicates that the product meets the national safety standards set by the American Society for Testing and Materials.

Once the gift is purchased, keep the child’s safety in mind by explaining how to use the toy. Repair or throw away damaged toys and don’t let the child misuse them in ways that

could be dangerous. Keep toys intended for older children away from the younger ones.

Dangerous toys often look harmless, so inspect all toys before purchasing. A child’s holiday shouldn’t begin in the emergency room. Choosing safe toys takes time, but it is time well spent. Help keep the holidays safe for children.

For a free copy of “Tips for Choosing Safe Toys,” call ‘PREVENT BLINDNESS AMERICA’ at 1-800-331-2020.

(Editor’s note: Cmdr. Dale Barrette, MSC, U.S. Navy, Tri-Service Vision Conservation and Readiness Program, U.S. Army Center for Health Promotion and Preventive Medicine, 410-436-1007.)



# Day Pass gets passing grades

**Yvonne Johnson**  
*APG News*

Established about one month ago, Aberdeen Proving Ground's new Day Pass system is working well, according to organizers. Working in conjunction with the new visitors centers located at the Maryland Boulevard and Route 24 gates in the Aberdeen and Edgewood areas, the system simplifies the access requirement for those seeking entry to the installation.

Maj. Joseph J. Darabasz, of the APG Garrison's Directorate of Law Enforcement and Security, said the idea for a single-day pass came about when they were instructed to come up with a plan that would replace the access roster.

"So far, like any new thing, it has its growing pains," Darabasz said, adding that the need to provide "friendlier access" to the installation has been met with much praise from participants.

He praised Bob Weaver and the Directorate of Installation Operations for doing an "excellent job" constructing the centers and supporting the operation.

"Without their support, we could never have had the program," Darabasz said. "The day pass eases the situation for those with family members who have legitimate reasons to come on post, but can't without being signed in."

He cited the situation of an employee who calls for a ride from a friend off post after their car breaks down, as one example of how the

day pass helps the community.

"It eases the situation for those with spouses or family members which makes things better for the community," he said.

He thanked the additional soldiers of the Virginia and Maryland National Guard for supporting DLES efforts.

"APG remains at Force Protection Condition level Charlie," he said. "We still must provide force protection security."

## Day Pass Facts

Day passes are valid only for the date issued.

Visitors must have a photo ID. This policy includes all vehicle occupants except minors.

Commercial vehicles and visitors requiring a Day Pass must use the Maryland Gate, Route 715, to access the Aberdeen Area and the Route 24 gate to access the Edgewood Area. Government ID cardholders may use either gate when both are open.

ONLY Government ID cardholders or vehicles containing government ID cardholders will be admitted through the Harford Gate, Route 22, in the Aberdeen Area and the Wise Road Gate, Route 755, in the Edgewood Area. Commercial vehicles and visitors will not be permitted access through these gates.

Vouching for passengers is still permitted as long as all vehicle occupants have a photo ID.

Passes are not interchangeable. Entry to one area does not constitute entry to the other area.

# Army Band readies for Holiday Concert

The 389th Army Band (AMC's Own) is preparing to ring in the season with a Holiday Concert to be held Dec. 10, 7 p.m. at the Post Theater.

The annual event will include the season's musical favorites and performances by the Stage Band, the Brass Quintet and the Aberdeen High School Acapela Choir.

Solo performers include Spc. Heather Secora in "O Holy Night," Sgt. 1st Class Marla Robinson in "Merry Christmas Darling," Sgt. Joshua Vincill in "Jingle Bells," and Staff Sgt. Dewayne Simmons will perform a holiday medley with the Stage Band.

The choir will sing the "Carol of the Bell" and close the concert with the famous "Hallelujah Chorus."

Other selections for the evening include "Joy to the World," "Sleigh Ride," "Have Yourself a Merry Little Christmas" and "Santa Claus is coming to Town."

For more information or tickets, call Sgt. Gregory Hector at 410-278-8769.

# Pay Enrollment Fees Online

TRICARE and Sierra Military Health Services, Inc. (SMHS) make it simple for customers to pay TRICARE Prime enrollment fees any time, day or night. Just a couple of mouse clicks put them on the path to easy online payment.

Visit **www.sierramilitary.com** and click on the Enrollment link. It will prompt users through the entire payment process.

To use this feature, customers must have a valid credit card and already be enrolled in TRICARE Prime.

The Web site carries the latest news about TRICARE

and benefits, and is a resource to locate TRICARE Network providers and to access TRICARE forms, including Enrollment, Change and Claim Forms.

Customers can also sign up to receive regular TRICARE updates via e-mail.

Access the Web site, click on the TRICARE Email Updates link and enter e-mail information.

TRICARE and Sierra Military Health Services, Inc. make it easy to access TRICARE information at a time convenient to the customer.

## Correction:

Sgt. Gregory Hector was incorrectly identified as the author of the story, "America's highways beckon Army Band," that appeared in the Nov. 27 issue of *APG News*. The author is Spc. Heather Secora, 389th Army Band (AMC's Own). The *APG News* regrets the error.

**APG SCHOOL LIAISON**

**HOMEWORK 411**

Harford Cable Network is currently airing a new homework show, Homework 411, to provide homework assistance to students in grades 4 through 8. The show is a live, call-in homework help show that also features a review of content material in alignment with the current grade level curriculum. The show airs live through Harford Cable Network, Comcast channel 3, and Clearview channel 7, on Tuesday and Thursday afternoon from 4:30 to 5:30 pm.

Anyone interested in working with Homework 411 should call Nancy Spence, coordinator of Partnerships for Student Achievement at 410-588-5331 or e-mail [njspence.ms@hcps.k12.md.us](mailto:njspence.ms@hcps.k12.md.us).

# Holiday

**From front page**  
Guard battalions from Pennsylvania.

The 28th Infantry Division is the third National Guard headquarters element to assume command of MND(N). But when the 49th Armored Division from Texas commanded SFOR VII and the 29th Infantry Division from Virginia and Maryland commanded SFOR X, most of the maneuver elements were regular active-duty units.

Brownlee concluded a breakfast meeting with the troops at Eagle Base by telling a story about a soldier from the famed Rainbow Division during World War II. The story told of a young private who died delivering vital messages that were critical to his commander's mission. Brownlee said the soldier died unselfishly for the cause so that others would live and be free.

"It is people like him and all of you who are dedicated and committed to do your duties that make America proud. We support you and thank you for all you do," Brownlee said.

Brownlee — a retired Army colonel — asked for soldiers' opinions about their mobilization and suggestions for future deployments of Guard and Reserve soldiers.

After breakfast Nov. 28, Brownlee departed for Kosovo to spend part of Thanksgiving and the next day with troops serving there. He flew to Kuwait Nov. 29 and to Afghanistan the next day.

Brownlee became the 27th Under Secretary of the Army just over a year ago, Nov. 14. The under secretary assists in fulfilling statutory responsibilities for recruiting, organizing, supplying, equipping, training and mobilizing the Army and managing its \$80 billion annual budget and more than 1.3 million active duty, National Guard, Army Reserve and civilian personnel.  
*(Editor's note: Information provided by the Task Force Eagle Public Affairs Office.)*